

WOW News



Body in Motion

Autumn colors—flame and gold; harvest time—bushels of tomatoes, apples, corn, squash, and pumpkins; fall is a beautiful season to celebrate, and to be healthier.

20% of Americans have the time, wherewithal, and physical motivation to walk. WALKING is both a pleasure and a necessity. They walk for fitness and simply put it into their daily routine. They make the extra effort to make walking a part of their lives. ***** How does one create a positive environment for walking?



IT ALL STARTS WITH YOU.

Walking/exercising regularly for 30 minutes most days of the week can make your Real-Age as much as 9 years younger. So if you are 25 or 50 years of age or at any age, "you can start walking and gain many of the same benefits as people who have walked/exercised their whole lives" according to the American Cancer Society.

No matter when you start, walking/exercise improves health. Click on this link to "learn tips to keeping active".

One of today's hottest exercise devices fits in your pocket and costs less than \$20.

Investing in a Pedometer is a great way to give you "immediate" feedback on how active, or inactive you are; people love it. The goal for good health is 10,000 steps a day; a "10K". **WARNING:**

Put a safety string through the pedometer's waist clip and pin it or loop it through a belt loop, so the pedometer isn't dropped into a toilet.

Shooting for 10K a Day



PEDOMETERS are "movement motivators" to get people thinking about the number of steps taken daily.

Put a pedometer on first thing in the morning and take it off right before

bed. If it's the middle of the day and you only have 3,000 steps, you know you've got to get moving to reach your goal. 10,000 steps daily is recommended, yet if you only get 2,000 steps a day, the "goal" is to boost your average daily steps by 20%. Add

the total steps taken in a week and divide by seven. Then multiply by 1.2. The result is your target number for daily steps.

Start **WOW**: purchase a pedometer, and walk your way to wellness.

September 2003

Pedometer discount programs:

Dunhams

Gander Mountain

New Balance

Playmakers

MC Sporting Goods

YMCA Discount Information

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National 5—9 A Day Month: “Get Healthy America”

Good health is your birthright—protect it.

Most Michiganians know the healthy benefits of **eat-
ing 5—9 servings of fruits and vegetables each day**. Yet only 20-30% do it. This is one of the most important things you can do for you and your families' GOOD health.

“Healthy” bodies come in all shapes. This says nothing about weight. Let's shift our thinking from weight loss to “health”.

And let's focus our thinking on lowering blood sugar, cholesterol, blood pressure, and **IMPROVING HEALTH at any size**.

- Make “peace” with food.
- Check your hunger level before getting seconds.
- Stop when you are full.
- Eat a fruit before every meal.
- Drink juice instead of coffee in the morning.
- Stop at a farmer's market for fresh veggies.
- At work plan for snacks: raw vegetables and fruit.
- Don't skip meals and let yourself get too hungry.
- Eat fruit in place of dessert.
- Drink 8 glasses of water today.
- Eat portion size, not super size.
- Eat 2 servings of vegetables at dinner.
- Fill 1/2 of our plate with vegetables first and then add the rest.
- Drink 100% fruit or veggie juices in the AM.
- Slice strawberries/bananas on your cereal.
- Have a salad at lunch.
- Keep fruits and veggies visible and easy to access; store cut and clean produce at eye level in the refriger.
- Eat fruits and vegetables of different colors—blue-purple, green, yellow-orange, red, and white.
- Recommended daily serving of v & f for children ages 2-6 = 3 veggies & 2 fruit.
- Recommended daily serving of v & f for children over 6, teenage girls & women = 4 veggies & 3 fruit.
- Recommended daily servings of v & f for boys & most men = 5 veggies & 4 fruit.



A general rule for “a serving” of fruit and/or vegetable:
THE SIZE OF A FIST
Leafy greens = larger than a fist
Dried = smaller than a fist

Sources for more info:

5aday.com

5aday.gov

aboutproduce.com

eatright.com

Most fruits & vegetables are naturally low in

- Calories
- Fat (no cholesterol)
- Sodium/salt
- And come in a variety of shapes, sizes, and flavors.

F & V are good sources of

- Vitamins A & C & minerals
- Fiber
- Phytochemicals/anti-oxidants = disease fighters

September is CHOLESTEROL Education Month

True or false: Nuts are high in cholesterol.

If you said 'yes', you may be thinking that because nuts are high in fat, they must be high in cholesterol too. The fact is that neither nuts nor any other plant-sourced foods contain cholesterol: it's only found in animal products. Nuts actually contain mostly heart-healthy monounsaturated fats so, eaten in moderation, they are good for you. To learn more, take the ['Cholesterol and Heart Disease IQ Test'](#).



For more information on cholesterol and what your numbers should be, click [here](#). If you don't know what your numbers are or have never had them checked, talk with your doctor and see if it's time to have your cholesterol levels done. Go to the [Fitness](#) page to learn to manage cholesterol with exercise.

Assessing My Health Needs

With a few simple changes you & your family can eat healthier and be more active.

[Living Smart Quiz:](#)

How do you score?

This is [#4 in a series](#) of articles regarding the LIVING SMART QUIZ. (click on the #4 high fat meat link)

- Click on the "Quiz" link.
- Print a copy.
- Answer "yes" or "no" for the [12 lifestyle behaviors](#).
- Count-up the "yes" answers
- "How do you rate?"

Diet alert!
Not Bad!
Good for You!

Making a FEW SIMPLE CHANGES will make a **big** difference in one's health and well-being.

WOW—Work On Wellness

Be a "Self-Changer"



This is a continuing journey in "Stages of Change".

Understanding the importance of completing certain tasks before progressing to the next stage, is a key to successful behavior change. People have the "power" to be healthier when given the proper tools at the proper time, says [James O. Prochaska Ph.D.](#), who charted this path to effective "self-change". As one is open and willing to

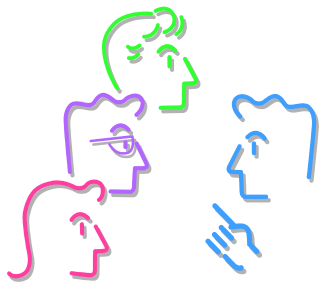
change, eventually CHANGE CAN OCCUR. This does not mean that problems do not arise, and often people slip- up and return to a previous stage or stages. The average successful self-changer recycles several times; set-backs occur. This is normal, and an opportunity to learn. People may go through the

stages 3-4 times before reaching success. "Action followed by relapse is far better than no action at all. People who take action and fail in the next month are twice as likely to succeed over the next six months than those who don't take any action at all." says Dr. Prochaska.

[Work on lifetime change.](#)

Oct. WOW News will have more about successful "self-change".

Personal Stories



WAC is WOW!

Wellness is alive and well at Department of Environmental Quality. With the blessing of their director, a group of DEQ employees joined together and created a Wellness and Activities Committee (WAC) to support all employees wanting to make and/or maintain healthy lifestyle changes. WAC provides health education to all employees in the areas of nutrition, stress management, fitness, and disease and injury prevention. All employees are offered wellness activities and special health events throughout the year. WAC is comprised of volunteers from each of DEQ's divisions and district offices. They meet once a month, on their lunch hour. They are funded by donations and "pay to participate". All activities are done on the employees own time.

Activities have included:

- A six week long "Wellness Works" program (based on "Six Weeks to Wellness")
- A golf outing and picnic
- Fitness walks
- Brown bag luncheons on various wellness topics
- "Weight Watchers at Work" (they've lost over 250 pounds so far!)
- Yoga classes
- Establishing an intranet wellness website

Future activities will include:

- A day-long health fair
- Activities based on "5 a Day" Month in September
- A tailgate party the week of the MSU/U of M football game

Congratulations to DEQ for **"Working On Wellness"**

What worked BEST for you?

You are invited to [share your personal story](#) (200 words or less) about how you improved your eating and exercise habits; or share a story about your worksite wellness group activities.

With your consent, we may use your story in one of our newsletters.

If you would like us to use your name or a digital picture, let us know.

All e-mailed stories will be regarded with the highest level of confidentiality.

[Grant permission](#) to use your personal or worksite wellness group story.

We hope you will contact us and share your personal or worksite wellness story.
Let us know if you are a worksite wellness coordinator